

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 52: Range of Minutes Exercised by Children on a Typical Weekday
(Diary Sample)**

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
Total	12	25	64
Gender			
Males	9	24	68 *
Females	15	26	60
Ethnicity			
White	9	22	69
African American	19	29	52
Latino	12	27	60
Asian/Other	15	22	63
Income			
≤\$19,999	14	29	57
\$20,000 - \$49,999	11	28	61
≥\$50,000	11	21	68
Federal Poverty Level			
≤ 185%	15	25	60
> 185%	10	24	66
Food Stamps			
Yes	22	31	47 **
No	11	24	65
Overweight Status			
Not at Risk	11	23	66
At Risk/Overweight	12	29	59
Physical Activity			
≥60 minutes	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A
School Breakfast			
Yes	20	25	56 **
No	10	25	66
School Lunch			
Yes	13	26	61
No	10	22	68
Nutrition Lesson			
Yes	8	25	67 **
No	16	25	60
Exercise Lesson			
Yes	9	24	67 **
No	17	25	58

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01